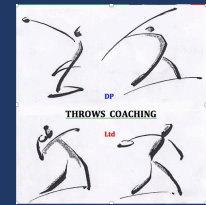




## MONITORING A DISCUS THROWER FROM BEGINNER TO ELITE LEVEL



### EVOLUTION OF THE ANNUAL TESTING CHART

## HOW TO UNDERSTAND AND USE THESE CHARTS

- Last column on the left is the level of performance with the competition implement
- 8 next left side columns are event specific performances with diverse implements weights and modes of throwing
- 5 columns in the middle are speed and power evaluations
- Last column on the right is a specific power test for abdominals
- 5 columns on the right are maximal strength performances

### Code of colours means :

**Yellow** : Best performance recorded before the training year

**Green**: Improvements achieved during the year

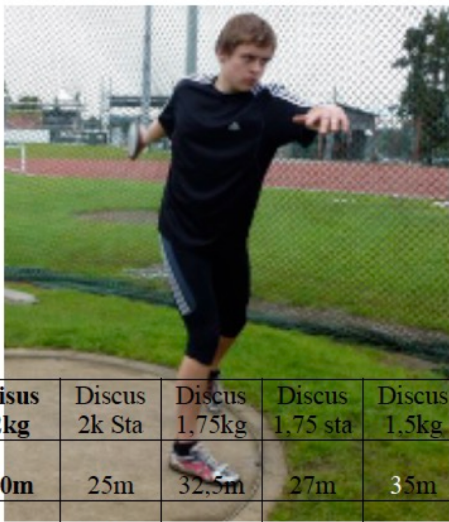
**Blue** : Objective line . Estimated performances objective for the end of the training year

### WHAT TO LOOK FOR :

- Establishing an I D picture or profile of the thrower
- See significant variations (Strengths – Weaknesses)
- Variations with different implement (Light – heavy)
- Compare tests concerning similar factors or body parts
- Establish a development strategy of what is needed to develop a 1<sup>st</sup> , 2<sup>nd</sup> , 3<sup>rd</sup> priority .
- See if the progresses in conditioning are confirmed by progresses in throwing results
- In ONE look you know what has been done during the year
- Monitoring over several years

### WARNING

- 1-Don't become a TEST MANIAC
- 2-The result in ONE test is just an indication which needs to be CONFIRMED
- 3-Don't do hazardous predictions !
- 4-Absolute "accuracy" to the cm , kg or 1/10<sup>th</sup>sec is NOT requested . A test is an INDICATION , not a RECORD !



## TESTING SHEET DISCUS

**Name : PARKINSON    Surname : Alexander    Year : 2011**  
**Age : 17y (1994-09-08)    PBs : 38m (1,5kg)**  
**Club : North Harbour Bays Cougars    Coach : Didier POPPE**

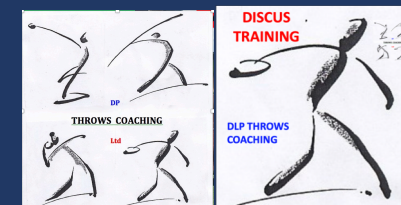
**MONITORING A  
DISCUS THROWER  
FROM BEGINNER  
TO ELITE LEVEL**

**EVOLUTION  
OF THE  
ANNUAL  
TESTING  
CHART  
2011**

Disus 2kg	Discus 2k Sta	Discus 1,75kg	Discus 1,75 sta	Discus 1,5kg	Discus 1,5 Sta	Disus 1,25kg	Discus 2,25kg	Weight 4kg Sta	30m Stan st	Vertic dif jum	Triple Jum St	6 bonds Stand	Shot 7k/OH	Clean	Snatch	Squat	Bench press	Dead Lift	10 abdo 7-10kg
30m	25m	32,5m	27m	35m	30m	40m	27m	22m	4''60	41cm 46cm	7,40m	14,00m	12,40m	80kg	50kg 60kg	100kg	70kg	120kg	10 emp
32,5m	27,5m	35m	29,5m	38m	32,5m	42,5m	29,5m	23,25m	4''55	49cm	7,60m	14,40m	12,80m	85kg	65kg	111kg	75kg	130kg	Bag 7k 15''
35m	30m	37,48m	32m	39,30m 40m	34,5m	45m	32m	24,5m	4''50	52cm	7,80m	14,80m	13,40m	88kg	68kg	120kg	80kg	140kg	13''
37,5m	32m	38,58m 40,50m	34m	42m	37,5m	47,5m	34,5m	25,75m	4''45	55cm	8,05m	14,90m 15,20m	14,10m	90kg 92kg	72kg	129kg	85kg 87kg	150kg	11''
40m	33,00m 34m	41,77 42,5m	36,75m	45m	39m	48,75m 50m	37m	27m	4''40	58cm	8,10m 8,20m	15,60m	14,50m	96kg	76kg	130kg	90kg 95kg	160kg	10,56'' 10''
42,5m	36m	45m	38,5m	47,5m 48,60m	41,2m	52,5m	39,5m	28,25m	4''35	59cm 61cm	8,40m	16,00m	15,20m	100kg	80kg	137kg 139kg	102kg	170kg	9''
45m	38m	47,5m	40,5m	50m	43,5m	55m	42m	29,5m	4''29	64cm 66cm	8,52m	16,45m	15,80m	105kg	84kg	148kg	110kg	180kg	8''
47,5m	40m	50m	43m	52,5m	46m	57,5m	44,5m	30,75m	4''25	67cm	8,80m	16,80m	16,40m	110kg	88kg	157kg	118kg	190kg	7''
50m	42m	52,5m	45m	55m	48m	60m	47m	32m	4''20	70cm	9,00m	17,20m	17,00m	115kg	92kg	166kg	126kg	200kg	6''
52m	44m	55m	47,5m	57,5m	50,5m	62,5m	49m	33,5m	4''16 4''15	73cm	9,20m	17,60m	17,60m	121kg	96kg	175kg	134kg	210kg	10kg 10''
54m	46m	57,5m	49,5m	60m	52,5m	65m	51m	35m	4''10	76cm	9,40m	18,00m	18,20m	127kg	102kg	184kg	142kg	220kg	9''
56m	47,5m	60m	52m	62,5m	55m	67,5m	53m	36,5m	4''05	79cm	9,60m	18,40m	18,80m	133kg	108kg	192kg	150kg	230kg	8''1
58m	49m	62,5m	54m	65m	57m	70m	55m	38m	4''00	82cm	9,80m	18,80m	19,40m	139kg	114kg	200kg	158kg	240kg	7''4
60m	50,5m	65m	56m	67,5m	69m	72,5m	57m	39,5m	3''95	85cm	10,00m	19,20m	20,00m	155kg	120kg	210kg	166kg	250kg	6''8

Source : Didier POPPE in "Trajectoire Jan 2001"    Code colours : Yellow : perf before 2011/07/26    Green : Perf after 2011/07/26    Blue : Objectives 2011-12

Long jump St 2,72m 19-09-2011    Disc 1,75kg RF 38,50m 10-10-2011





## TESTING SHEET DISCUS

**Name : PARKINSON Surname : Alexander**

**Year : 2012 Age : 18y ( 1994-09-08)**

**PBs : 38,05m (2kg) 46,42m (1,75kg) 48,86m (1,5kg)**

**Club : North Harbour Bays Cougars**

**Coach : Didier POPPE**

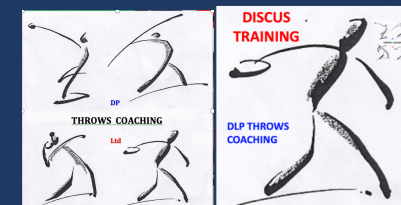
**MONITORING A  
DISCUS THROWER  
FROM BEGINNER  
TO ELITE LEVEL**

**EVOLUTION  
OF THE  
ANNUAL  
TESTING  
CHART  
2012**

Disus 2kg	Discus 2k Sta	Discus 1,75kg	Discus 1,75 sta	Discus 1,5kg	Discus 1,5 Sta	Disus 1,25kg	Discus 2,25kg	Weight 4kg Sta	30m Stan st	Vertic dif jum	Triple Jum St	6 bonds Stand	Shot 7k/OH	Clean	Snatch	Squat	Bench press	Dead Lift	10 abdo 7-10kg
30m	25m	32,5m	27m	35m	30m	40m	27m	22m	4''60	41cm 46cm	7,40m	14,00m	12,40m	80kg	60kg	100kg	70kg	120kg	10 emp
32,5m	27,5m	35m	29,5m	38m	32,5m	42,5ms	29,5m	23,25m	4''55	49cm	7,60m	14,40m	12,80m	85kg	65kg	111kg	75kg	130kg	10 emp Bag 7k 15''
35m	30m	37,48m 38,58m	33m	40m	34,5m	45m	32m	24,5m	4''50	52cm	7,80m	14,80m	13,40m	88kg	68kg 70kg	120kg	80kg	140kg	13''
37,5m	32m	40,50m	34m	42,m	37,5m	47,5m	34,5m	25,75m	4''45	55cm	8,05m	15,20m	14,10m	92kg	72kg	129kg	87kg	150kg	11''
38,05m	33,00m	42,10m	34m	43,35m	37,5m	48,75m	34,5m	25,75m	4''40	58cm	8,20m	15,60m	14,60m	96kg	76kg	130kg	95kg	160kg	10,56'' 10''
40m	34m	42,5m	36,75m	45m	39m	50m	37m	27m	4''40	58cm	8,20m	15,60m	14,60m	96kg	76kg	130kg	95kg	160kg	10''
41,93m	36m	44,13m	38,5m	47,5m	41,2m	52,5m	39,5m	28,25m	4''35	61cm	8,40m	16,00m	15,20m	100kg	80kg	137kg 139kg	102kg	170kg	9''
42,5m	36m	45m	38,5m	47,5m	41,2m	52,5m	39,5m	28,25m	4''35	61cm	8,40m	16,00m	15,20m	100kg	80kg	137kg 139kg	102kg	170kg	9''
45m	38m	46,42m	39,15m	48,60m	43,5m	55m	42m	29,5m	4''29	64cm	8,52m	16,45m	15,80m	105kg	84kg	148kg	110kg	180kg	8''
47,5m	39,20m	47,5m	40,5m	50m	43,5m	55m	42m	29,5m	4''29	64cm	8,52m	16,45m	15,80m	105kg	84kg	148kg	110kg	180kg	8''
47,5m	40m	50m	43m	52,5m	46m	57,5m	44,5m	30,75m	4''25	66cm 67cm	8,80m	16,80m	16,40m	110kg	88kg	157kg	118kg	190kg	7''
50m	42m	52,5m	45m	55m	48m	60m	47m	32m	4''20	70cm	9,00m	17,20m	17,00m	115kg	92kg	166kg	126kg	200kg	6''
52m	44m	55m	47,5m	57,5m	50,5m	62,5m	49m	33,5m	4''16 4''15	73cm	9,20m	17,60m	17,60m	121kg	96kg	175kg	134kg	210kg	10kg 10''
54m	46m	57,5m	49,5m	60m	52,5m	65m	51m	35m	4''10	76cm	9,40m	18,00m	18,20m	127kg	102kg	184kg	142kg	220kg	9''
56m	47,5m	60m	52m	62,5m	55m	67,5m	53m	36,5m	4''05	79cm	9,60m	18,40m	18,80m	133kg	108kg	192kg	150kg	230kg	8''1
58m	49m	62,5m	54m	65m	57m	70m	55m	38m	4''00	82cm	9,80m	18,80m	19,40m	139kg	114kg	200kg	158kg	240kg	7''4
60m	50,5m	65m	56m	67,5m	69m	72,5m	57m	39,5m	3''95	85cm	10,00m	19,20m	20,00m	155kg	120kg	210kg	166kg	250kg	6''8

Source : Didier POPPE in "Trajectoire Jan 2001" Code colours : Yellow : perf before 2012/01/01 Green : Perf after 2012/01/01 Blue : Objectives 2012

Long jump St 2,72m 19-09-2011 2,82m 17-01-2012 Disc 1,75kg RF 38,50m 10-10-2011 7kg isometry 46'' 2012-05-12 Push up claps 50 2012-05-14 Abdos claps 17 2012-05-14



# TESTING SHEET DISCUS

Name : **PARKINSON** Surname : **Alexander**

Year : **2013** Age : **19y** (1994-09-08)

PBs : **42,35m** (2kg) **47,85m** (1,75kg)

Club : North Harbour Bays Cougars Coach : Didier POPPE

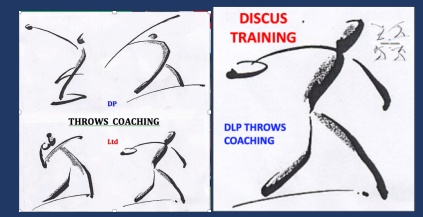


**MONITORING A DISCUS THROWER FROM BEGINNER TO ELITE LEVEL**

**EVOLUTION OF THE ANNUAL TESTING CHART 2013**

Disus 2kg	Discus 2k Sta	Discus 1,75kg	Discus 1,75 sta	Discus 1,5kg	Discus 1,5 Sta	Disus 1,25kg	Discus 2,25kg	Weight 4kg Sta	30m Stan st	Vertic dif jum	Triple Jum St	6 bonds Stand	Shot 7k/OH	Clean	Snatch	Squat	Bench press	Dead Lift	10 abdo 7-10kg
30m	25m	32,5m	27m	35m	30m	40m	27m	22m	4''60	41cm	7,40m	14,00m	12,40m	80kg	60kg	100kg	70kg	120kg	10 emp Bag 7k
32,5m	27,5m	35m	29,5m	38m	32,5m	42,5ms	29,5m	23,25m	4''55	49cm	7,60m	14,40m	12,80m	85kg	65kg	111kg	75kg	130kg	15''
35m	30m	37,48m	32m	40m	34,5m	45m	32m	24,5m	4''50	52cm	7,80m	14,80m	13,40m	88kg	68kg	120kg	80kg	140kg	13''
37,5m	32m	38,58m	34m	42,m	37,5m	47,5m	34,5m	25,20m	4''45	55cm	8,05m	15,20m	14,10m	92kg	70kg	129kg	87kg	150kg	11''
38,05m	34m	42,10m	36,75m	43,35m	39m	48,75m	37m	25,75m	4''40	58cm	8,20m	15,60m	14,60m	96kg	72kg	130kg	95kg	160kg	10,56''
40m	34m	42,5m	36,75m	45m	39m	50m	37m	27,50m	4''40	58cm	8,20m	15,60m	14,60m	96kg	75kg	130kg	95kg	160kg	10''
41,93m	36m	44,13m	38,5m	47,5m	41,2m	52,5m	39,5m	28,25m	4''35	59cm	8,40m	16,00m	15,20m	100kg	80kg	139kg	102kg	170kg	9''
42,35m	36m	45m	38,5m	47,5m	41,2m	52,5m	39,5m	28,25m	4''35	61cm	8,40m	16,00m	15,20m	100kg	80kg	139kg	102kg	170kg	9''
45m	38m	46,42m	39,15m	48,60m	43m	55m	42m	29,5m	4''29	64cm	8,52m	16,45m	15,50m	105kg	84kg	148kg	110kg	180kg	8''
46,54m	39,20m	47,85m	40,5m	50m	43m	55m	42m	29,5m	4''29	64cm	8,52m	16,45m	15,50m	105kg	84kg	148kg	110kg	180kg	8''
47,5m	40m	50m	41,50m	51m	46m	57,5m	44,5m	30,10m	4''25	66cm	8,80m	16,80m	16,15m	110kg	88kg	157kg	118kg	190kg	7''
50m	41,30m	52,87m	43,50m	52,5m	46m	57,5m	44,5m	30,75m	4''25	67cm	8,80m	16,80m	16,40m	110kg	88kg	157kg	118kg	190kg	7''
50m	42m	52,87m	45m	55,5m	48m	60m	47m	32m	4''20	70cm	9,00m	17,20m	17,00m	112kg	90kg	166kg	125kg	200kg	6''
52m	44m	55m	47,00m	57,5m	50,5m	62,5m	49m	33,5m	4''16	73cm	9,20m	17,60m	17,60m	120kg	96kg	175kg	132kg	202x3	10kg
52m	44m	55m	47,00m	57,5m	50,5m	62,5m	49m	33,5m	4''15	73cm	9,20m	17,60m	17,60m	121kg	96kg	175kg	134kg	210kg	10''
54m	46m	57,5m	49,5m	60m	52,5m	65m	51m	35m	4''10	76cm	9,40m	18,00m	18,20m	127kg	102kg	184kg	142kg	220kg	9''
54m	46m	57,5m	49,5m	60m	52,5m	65m	51m	35m	4''10	76cm	9,40m	18,00m	18,20m	130kg	102kg	184kg	145kg	220kg	9''
56m	47,5m	60m	52m	62,5m	55m	67,5m	53m	36,5m	4''05	79cm	9,60m	18,40m	18,80m	133kg	108kg	192kg	150kg	230kg	8''1
56m	47,5m	60m	52m	62,5m	55m	67,5m	53m	36,5m	4''05	79cm	9,60m	18,40m	18,80m	133kg	108kg	192kg	150kg	230kg	8''1
58m	49m	62,5m	54m	65m	57m	70m	55m	38m	4''00	82cm	9,80m	18,80m	19,40m	139kg	114kg	200kg	158kg	240kg	7''4
58m	49m	62,5m	54m	65m	57m	70m	55m	38m	4''00	82cm	9,80m	18,80m	19,40m	139kg	114kg	200kg	158kg	240kg	7''4
60m	50,5m	65m	56m	67,5m	69m	72,5m	57m	39,5m	3''95	85cm	10,00m	19,20m	20,00m	155kg	120kg	210kg	166kg	250kg	6''8

Source : Didier POPPE in "Trajectoire Jan 2001" Code colours : Yellow : perf before 2013/01/01 Green : Perf after 2013/01/01 Blue : Objectives 2013  
 Long jump St **2,82m** 17-01-2012 Disc 1,75kg RF **38,50m** 10-10-2011 7kg isometry **46''** 2012-05-12 Push up claps **50** 2012-05-14 Abdos claps **17** 2012-05-14 Dsc 2kg RFP **43,50m** 09-08-13



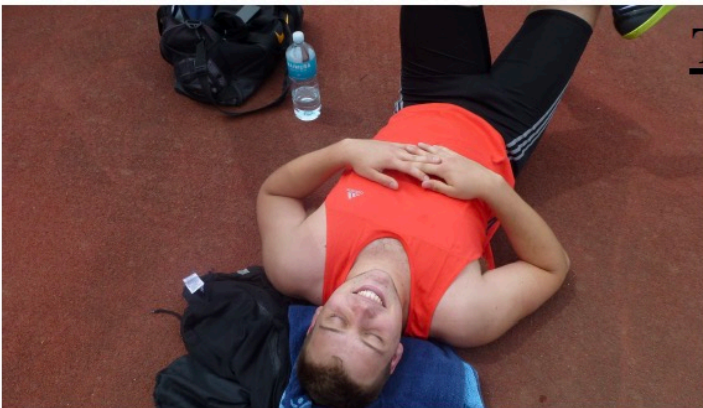
# TESTING SHEET DISCUS

Name : \_\_\_\_\_ Surname : \_\_\_\_\_ Year : **2014**

Age : **19y** (1994-09-08)

PBs : **46,54m** (2kg) **52,87m** (1,75kg)

Club : **North Harbour B...**



Discus 2kg	Discus 2K Sta	Discus 1,75kg	Discus 1,75 sta	Discus 1,5kg	Discus 1,5 sta	Discus 1,25kg	Discus 1,25 sta
30m	27m	32,5m	27m				
32,5m	27,5m	35m	29,5m	30m	27,5m		
35m	30m	37,48m	32m	40m	30m		
37,5m	32m	38,58m	34m	42m	32m		
38,05m	34m	40,50m	36,75m	43,35m	34m		
40m	36m	42,10m	38,5m	45m	36m		
41,93m	38m	44,13m	40,5m	47,5m	38m		
42,35m	39,20m	46,42m	43m	50m	39,20m		
45m	40m	47,85m	45m	52,5m	40m		
46,54m	41,30m	50m	47,00m	55,5m	41,30m		
47,68m	42,5m	52,87m	50m	57,5m	42,5m		
48,57m	44m	55m	57,5m	60m	44m		
50m	46m	57,5m	60m	62,5m	46m		
52m	47,5m	60m	62,5m	65m	47,5m		
54m	49m	62,5m	65m	67,5m	49m		
56m	50,5m	65m	67,5m	69m	50,5m		
58m	52m	67,5m	69m	71m	52m		
60m	54m	69m	71m	73m	54m		

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MONITORING A DISCUS THROWER FROM BEGINNER TO ELITE LEVEL

EVOLUTION OF THE ANNUAL TESTING CHART 2014

Source : Didier POPPE in "Trajectoire Jan 2001" Code colours : Yellow : perf before 2014/01/01 Green : Perf after 2014/01/01 Blue : Objectives 2014  
 Long jump St **2,82m** 17-01-2012 Disc 1,75kg RF **38,50m** 10-10-2011 7kg isometry **46"** 2012-05-12 Push up claps **50** 2012-05-14 Abdos claps **17** 2012-05-14 Dsc 2kg RFP **43,50m** 09-08-13

